

MONTHLY PHYSICAL ACTIVITY SHEET

Month _____

Name _____

Point Goal _____

1 Point/4 minBicycling >16 mph
Handball, Squash,
Racquetball
Rowing-vigorous
Running > 7 mph
X-C skiing – racing**1 Point/5 min**Boxing/sparring
Martial arts
Rope jumping
Running, 6 mph
Soccer -vigorous
Swimming - vigorous
X-C skiing – vigorous**1 Point/6 min**Basketball – game
Bicycling 12-15 mph
Calisthenics-vigorous
Carrying heavy loads
Circuit training
Football
Hockey
Rock climbing
Running, 5 mph
X-C skiing–moderate
Snow shoeing
Swimming–moderate
Tennis, singles
Volleyball, beach
Walking upstairs**1 Point/10 min**Aerobic – general
Backpacking/hiking
Bicycling 10-12 mph
Bicycling stationary
Canoeing - moderate
Dancing – aerobic, fast
Jet-skiing, water
Jogging < 5 mph
Moving boxes
Rowing – moderate
Shoveling snow
Skating – vigorous
Skiing-moderate
Sledding
Soccer – moderate
Swimming-leisure
Tennis – doubles
Weight lifting-vigorous

| Date | Activity | Length of Time | Points | Sub-total |
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Total Points

Multiply by calories/point (see weight chart) x _____

Total calories burned this month

1 Point/12 minBadminton
Basketball – shooting
Construction/remodel
Dancing
Golf – without cart
Health Club – general
Housework – vigorous
Hunting
Kayaking
Mowing lawn –walking
Play w/kids – vigorous
Skate/Roller blade
Softball or Baseball
Volleyball – vigorous
Walking – brisk, 4 mph
Yard work, raking etc.**1 Point/15 min**Archery
Auto Repair
Bicycling <10 mph
Bowling
Canoeing – light
Golf – using motor cart
Home repair–carpentry,
Plumbing, etc.
Horseback riding
Housework – cleaning
Music–vigorous, drums
Play w/kids – moderate
Sailing/sail board
Snowmobiling
Stretching, Yoga
Table tennis
Walk – moderate 3 mph
Water Aerobics
Weight Lift – moderate**1 Point/20 min**Billiards/pool
Cooking
Fishing
Mowing lawn – riding
Music playing –general
Playing catch
Play w/kids – light
Walking – slow 2 mph
Yard games – Croquet,
frisbee, darts, etc**Approximate calories burned during activity**1 point = 40 calories for a 105 pound person
1 point = 50 calories for a 130 pound person
1 point = 60 calories for a 155 pound person
1 point = 70 calories for a 180 pound person
1 point = 80 calories for a 210 pound person
1 point = 90 calories for a 235 pound person
1 point = 100 calories for a 260 pound person
Resting Metabolic Rate = about 1 to 2 points/hr* Calories are
calculated based on
research data from
Medicine and Science
in Sports and Exercise
- the official journal of
the American College
of Sports Medicine.